



Shorter Lap RMNOPQ - Finish

Small Lap ABCDLMNOPQ - Finish or B

Large Lap ABCDEFGHIJKLMNOPQ - Finish or B

Courses and distances

12.30pm	U13 Girls	1 large lap (2,500m)	1.25pm	U15 Girls	2 small Laps (3,350m)
12.32pm	U20 Girls	1 small lap, 1 large lap (4,175m)	1.45pm	U17 Girls	2 small laps starting at P (3,750m)
12.45pm	U13 Boys	1 small lap, 1 shorter lap (2,900m)	2.05pm	U17 Boys	2 small laps, 1 large lap (5,850m)
1.05pm	U15 Boys	1 small lap, 1 large lap (4,175m)	2.30pm	U20 Boys	1 small lap, 2 large laps (6,675m)